

**A b s t r a c t**

The invention relates to a sleeper (1) for a gravel-mounted structure in railways, which has a cross member (4) extending along a sleeper longitudinal axis (6) and two longitudinal members (5) spaced apart from one another by the cross member (4), and each longitudinal member (5) has a bearing (9) extending on a top face for mounting a rail element (10) above the longitudinal member (5). Each longitudinal member (5) has one or more mounting devices (26) for a rail fixing element (28) each for retaining a rail element (10) on the longitudinal member (5) and at least one of the mounting devices (6) is disposed transversely offset from the sleeper longitudinal axis (6) on at least one of the two longitudinal members (5). The invention further relates to a sleeper (1) of this type which is of a stepped or recessed design at the ends of the longitudinal members (5), to enable connecting elements (56) to be fitted in these regions in order to secure two rail elements (10) lying end to end.

(Fig. 1)